

## Week Two – ‘The Hour of Power’

### Planning your week ahead for Good Mood Success

Set-aside one to two hours on the weekend to:

- Do a shop! Check your pantry / fridge / freezer staples (see our shopping lists) to see if any need topping up.
- Pre-pack snacks for the week in portion-controlled containers e.g. nuts / seeds, D-Stress Balls, berries, veggie sticks, edamame beans, wholegrain crackers.
- Make [Lentil Bolognese](#) and freeze in portions. Cool and store in airtight containers.
- Make [Slow Cooked Chicken and Vegetable Casserole](#) & freeze in portions.
- Pre-chop veggies for Monday & Tuesday night's dinners. Store in air-tight containers.
- Prep Mediterranean salad for Wednesday night's dinner. Store in an airtight container and don't dress until needed.
- Make [D-Stress Balls](#) (Peanut butter, chia and dark chocolate). Store in an airtight container in the fridge.
- Make a batch of [Gut Healthy Wholemeal Muffins](#) to use throughout the week. Store in an airtight container in the fridge.

# Week Two - GOOD MOOD MENU PLAN

|                       | Monday                                            | Tuesday                                                    | Wednesday                               | Thursday                                                   | Friday                                                  | Saturday                                                          | Sunday                                               |
|-----------------------|---------------------------------------------------|------------------------------------------------------------|-----------------------------------------|------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------|
| <b>Breakfast</b>      | Greek Yoghurt, TGHD Granola + Berries             | Tomato, spinach and mushroom toastie                       | Probiotic green smoothie bowl           | Greek Yoghurt, TGHD Granola + Berries                      | Tomato, spinach and mushroom toastie                    | Probiotic green smoothie Bowl                                     | Green pancakes with smoked salmon and dill           |
| <b>Lunch</b>          | Leftover pumpkin and bean cassoulet               | Steak sandwich /wrap + salad (use leftover steak)          | Falafel, tabbouleh and hummus wrap      | Leftover Lentil bolognaise + Mediterranean salad           | Leftover Slow cooked Chicken and vegetable casserole    | Smoked salmon poke bowl                                           | Healthy Vegetarian pizza + salad (leftover)          |
| <b>Dinner</b>         | Lean Steak + Sweet potato mash and steamed greens | Baked capsicums & Zucchini                                 | Lentil bolognaise + Mediterranean salad | Slow cooked Chicken and vegetable casserole                | Mediterranean Share platter                             | Healthy Vegetarian pizza + salad (leftover)                       | Zucchini and goats cheese frittata with leafy greens |
|                       |                                                   |                                                            |                                         |                                                            |                                                         |                                                                   |                                                      |
| <b>Snacks Options</b> | 1 pear + 1 kefir shot                             | Fruit salad + Greek yoghurt                                | Greek yoghurt, granola and berries      | Mini probiotic Green smoothie Bowl                         | 1 apple + 1 kefir shot                                  | Veggie sticks + hummus / guacamole                                | 1 small skim cappuccino                              |
|                       | 1 gut healthy wholemeal banana muffin             | Wholegrain crackers with avocado and tomato                | 1 orange + 10 almonds                   | 2 D-stress balls – peanut butter, chia and dark choc balls | 2 wholegrain crackers with peanut butter & strawberries | ½ cup marinated Mediterranean veggies + 30g unsalted mixed nuts   | 1 slice Happy Gut Bread                              |
|                       | 1 small black coffee with a dash of milk          | 2 D-stress balls – peanut butter, chia and dark choc balls | ½ cup edamame beans                     | 1 banana                                                   | 2 squares dark chocolate                                | 1 small tub (200g) reduced fat Greek yoghurt + ¼ cup TGHD Granola | 1 orange/pink lady apple                             |